

# Healthy Schools Healthy Students



## Pinterest Idea of the Month!

### Easter Egg Fitness Treasure Hunt

Write clues on pieces of paper and place eggs based on the clue. Children complete the physical activity before moving on to the next egg. For sample clues, [click here](#).



*Every Kid Healthy Week (April 19-25) is a annual observance to celebrate the great efforts of schools to improve the health and wellness of their students. Evidence shows students who eat right and are physically active in school learn healthy lifelong habits and are better equipped to succeed academically. Join us in taking the Every Kid Healthy Pledge to show your commitment and get information you need to create healthier school environments.*

[www.everykidhealthyweek.org](http://www.everykidhealthyweek.org)



## The Governor's Youth Action Award

A newly developed award to honor the wellness efforts of Iowa students in kindergarten through twelfth grade. Iowa students have the opportunity to submit posters, essays and/or videos showcasing active and healthy lifestyles. The submissions can be part of a class assignment or completed at home.

All entries will receive a participation ribbon. Submissions will be competitively judged and individual winners will receive recognition from Governor Branstad. Ninth through twelfth grade submissions are eligible for monetary scholarships. [Click here](#).



## Bring a Healthy School Workshop to Your School!

The Iowa Department of Education's Team Nutrition Program is partnering with the Academy of Nutrition and Dietetics Foundation to hold workshops led by registered dietitian nutritionists (RDNs) across the state this fall. The workshops will provide training for elementary teachers and staff to support a school wellness environment through nutrition education and physical activity.

### Workshop Learning Objectives:

- Participants will be able to summarize the purpose of the wellness policy and key goals
- Participants will be able to integrate nutrition and physical activity into the classroom setting
- Participants will be able to identify existing school wellness resources

For more information, including the workshop application, please [click here](#) or contact [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov).

## Go the Distance Day May!

This initiative of Live Healthy Iowa Kids, highlights the importance of physical activity in a healthy lifestyle. Schools can sign-up to participate any day from May 1-29, 2015 and commit to engage students in 30-minutes of continuous activity. All schools and youth organizations registered for the event will be eligible to win a \$500 mini-grant! In addition, 25-\$100 mini-grants will be available to support events across that state. Deadline to apply: April 22

For more information [click here](#).



Live Healthy Iowa will be offering **5K run/walk and 1K kid's runs** in 14 Iowa communities on Saturday, April 11, 2015. Proceeds from these events will benefit the local wellness coalitions in partner communities. Locations include: Bondurant, Carroll, Clarion, Decora, Dike, Fairfield, Glenwood, Hiawatha, Mount Ayr, Osage, Perry, Storm Lake, Waukee, and West Liberty. [Click here](#).

## Community Use Bill Passed

House File 570, which clarified liability protection for both communities and schools choosing to provide facilities where such activities such as exercise and sledding take place was signed into law on April 1st, 2015. For some communities, the school is the only place with the space and facilities where people can exercise. For more information and sample shared used policies in Iowa, [click here](#).



## Farm to School Workshops

A fantastic workshop was held on March 5th in Oelwein! Two more regional workshops are coming up that you don't want to miss!

**Council Bluffs: Monday, April 6**

**Altoona: Friday, May 1**

Each meeting will highlight practical examples of farm to school in action and provide resources tailored to help Iowans connect more students to healthy, fresh food.

The workshops are coordinated by the National Center for Appropriate Technology and Food Corps Iowa, and offered in collaboration with the Iowa Department of Public Health's Iowa Nutrition Network. For more information please visit the link below.



## Saydel CSD Success Story!

In March Cornell Elementary at Saydel Community School District had a Dr. Seuss Day! The theme was also incorporated into the school lunch menu. What a great way to connect nutrition with literacy.

One fish, Two fish nuggets  
Truffula trees (broccoli)  
Peter peppers (green & red)  
Silly Sneetch Pears  
Happy birthday Cookie



## Summer Short Courses

Each summer the Iowa Department of Education in cooperation with Iowa State University offers school nutrition training sessions. **HACCP Plans: Developing or Revising** - June 16, **ServSafe Certification** - June 18, **Manager's Update** - June 17 or 18, **Financial Management** - July 8 and 9, **New Manager's and Healthy School Meals** - July 28-30

For more information or to register [click here](#).

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